

PACK STRONG

LEISD SUMMER STRENGTH & CONDITIONING PROGRAM

High school and middle school coaches get the opportunity to work with all **MALE** and **FEMALE** **ATHLETES, GRADES 7- 12** to enhance their abilities through **WEIGHT TRAINING, SPEED AND AGILITY DRILLS** and **SPORT SPECIFIC SKILLS TRAINING**. Everything is geared towards helping them develop the tools they need to be successful in their sport(s). The lifts and movements that will be done are aimed at creating a stronger more explosive athlete, that has the ability to accelerate, come to balance, and change direction quickly.

2019 PROGRAM INFORMATION

<u>Camp Location</u>	<u>Session Times</u>	<u>Clothing</u>
Little Elm High School Weight Room & Practice Field	7th-9th Session 7:15 AM-9:30 AM 10th-12th Session 9:35 AM-11:50 AM	Workout Clothes, Athletic Shoes & Cleats
<u>JUNE</u>	<u>JULY</u>	<u>AUGUST</u>
<p><u>*Week of June 10th</u></p> <p>S&C Camp begins on Tues. the 11th Camp Days Are Tues. - Thurs.</p> <p>1st Day Walk-Up Registration 7th - 9th Session - 6:30 10th - 12th Session - 8:45</p> <p><u>*Week of June 17th</u> Camp Days Are Tues. - Thurs.</p> <p><u>*Week of June 24th</u> Camp Days Are Tues. - Thurs.</p>	<p><u>***Week of July 1st</u></p> <p>Camp Days Are Mon. - Wed. **No Camp on Thursday July 4th</p> <p><u>***Week of July 8th</u></p> <p>Camp Days Are Mon. & Thurs. **No Camp Tues. & Wed. Due to Clinic</p> <p><u>**Week of July 15th</u></p> <p>Camp Days Are Mon. - Thurs.</p> <p><u>***Week of July 22nd</u></p> <p>Camp Days Are Wed. & Thurs. **No Camp Tues. Due to Clinic</p> <p><u>**Week of July 29th</u></p> <p>Camp Days Are Mon. - Thurs.</p>	<p><u>Week of Aug. 5th</u></p> <p><i>Program ends on August 1st but individual sport coaches may provide opportunities for supervised open weight room times.</i></p> <p>***Short Week (Holiday or Clinic)</p> <p>*Regular 3 day week</p> <p>**Regular 4 day week</p>

PAYMENT, CONTACT, & ATHLETE INFORMATION

Early Registration Cost
On or Before May 22 - \$90.00

Late Registration Cost
Athletes Registered After May 23rd
\$120.00 CAMP FEE

Both Cash And Checks Are Accepted
Checks Payable To: LEISD Athletic Dept.

Contact Information
Coach Michael Sain
msain@leisd.ws

Mail to:
Attn: Coach Michael Sain
Little Elm High School
1900 Walker Ln.
Little Elm, TX 75068

Recognition And Assumption Of Risk Agreement Form

I, the undersigned parent/legal guardian of _____, authorize his/her participation in Pack Strong Program. In and for consideration of my child's participation in Pack Strong Program, I hereby agree that I will not hold Little Elm Independent School District or any of its employees responsible for any loss, damages, or personal injuries that he or she may receive as a result of participation. This waiver of liability expressly includes camp activities in or on the premises whereby the activity is being conducted.

Athlete Name: _____

T-Shirt Size: _____ **'19-'20 Grade:** _____

Print Parent Name: _____

Phone #: _____

Parent Email: _____

Emergency Contact: _____

Phone #: _____